

Delaware Becoming an Outdoors-Woman Program

2022 Event Information

Dates: Friday, Oct. 7
to Sunday, Oct. 9
Fee: \$215

Location: Camp Barnes
37171 Camp Barnes Road
Frankford, DE 19945

AGENDA

Date	Time	Activity
Friday, Oct. 7	Noon-2pm	Check-in / Set up tents or dorm space <i>Snacks and drinks will be provided but lunch is on your own.</i>
	2:30pm – 3pm	Welcome/Introductions
	3:30pm – 5pm	Instructional Courses
	5pm – 6pm	Free Time
	6pm – 7pm	Dinner
	7pm – 8pm	Free Time
	8pm - 10pm	Evening Campfire and Activities
Saturday, Oct. 8	7am - 7:45am	Breakfast
	7am – 7:30am	Saturday participant check-in
	8am - 11:30am	Instructional Courses
	12pm - 12:45pm	Lunch
	1pm - 4:30pm	Instructional Courses
	4:30pm – 6pm	Free Time
	6pm – 7pm	Dinner
	7pm – 8pm	Free Time
	8pm - 10pm	Evening Campfire and Activities
Sunday, Oct. 9	7am - 7:45am	Breakfast
	8am - 9:30am	Sunday Morning Courses
	9:30am - 10am	Closing Remarks
	10am - 11am	Cleanup & Check-out

**Free time is built into the schedule to allow time to explore the area, network with other participants, prepare for upcoming courses, or just relax!*



Lodging

There will be two lodging options this year.

1. Dormitory: Dormitories are available with twin size beds (participants must bring their own bed linens and pillows). Each dormitory sleeps 4 (to allow for adequate space and distancing inside).
2. Tent Camping: Space is available onsite for tent camping. Tents can be provided if you do not own one. You will be assigned a tent space upon your arrival.

Restrooms and shower facilities are available onsite for both dormitories and tent camping.

Meals

Meals are included. Beverages will be provided but participants are encouraged to bring their own refillable water bottles as well. Vegetarian options will be available. If you have any special dietary requirements, please indicate those when completing the online registration form. Please note, not all dietary restrictions may be accommodated at this event.

Course Schedule

Each participant will have the option of choosing one course per session. Please refer to the online registration form to register for your course options.

Session I 10/7 3:30pm - 5pm
Freshwater Fishing <i>*Fishing License Required</i>
Build Your Own Bluebird Boxes
Coastal Forest Habitat Hike
Oyster Shucking & Cooking
Miller Creek Saltwater Fishing
<i>What's that Bug?!</i> An Entomology Excursion

Session III 10/8 1pm - 4:30pm
Intro to Archery
Inland Bays Fishing by Boat <i>*Fishing License Required</i>
Cooking Your Catch (Fish Prep & Cooking)
Inland Bays Kayak Tour
Wetland Wonders




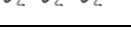
Session II 10/8 8am - 11:30am
Intro to Archery
Intro to Birding
Inland Bays Fishing by Boat <i>*Fishing License Required</i>
Wetland Wonders
Inland Bays Kayak Tour










Session IV 10/9 8am-9:30am
Miller Creek Saltwater Fishing
Nature Hike
DIY Survival Bracelets
Wildlife Trapping Introduction








Mentored Deer Hunt <i>Intro to Hunting & Crossbow Shooting</i>
Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by October 1, 2022) and purchase of a hunting license prior to the event.</i>



2022 Delaware BOW Course Descriptions

Activity Level Guide	
	Minimal (mostly sitting or standing)
	Mild (walking)
	Moderate (requires moderate coordination and/or movement)
	Strenuous (requires much coordination/concentration and/or movement)

Courses	Descriptions
Freshwater Fishing at Assawoman 	<p>Learn the basics of how to cast, what equipment you'd need to fish on your own, fundamentals of fishing and techniques. This course will take place at Assawoman Wildlife Area (adjacent to Camp Barnes) and will require transportation. BOW will provide transportation or you may drive yourself.</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>
Build Your Own Bluebird Box 	<p>Sponsored by Ducks Unlimited, this course will teach the basics of bluebird nest box design. Participants will learn about bluebird nesting habits, best placement and care for their boxes, other cavity nesters that might use a bluebird box and then build their own bluebird nest box to take home!</p>
Coastal Forest Habitat Hike 	<p>Take a hike with Forestry biologist, Ashley Melvin, and learn about the unique coastal forest habitat found at Camp Barnes, including how to identify native and non-native plants and trees.</p>
Cooking Your Catch (Fish Prep & Cooking) 	<p>This course will guide you from catch to pan! Participants will watch demonstrations by Center for the Inland Bays biologist Nivette Perez-Perez and participate in learning how to clean, filet, prepare for storage and cook your delicious catch. This is a great opportunity to fully enjoy what our Delaware fishing resources have to offer!</p>
DIY Survival Bracelets 	<p>Survival bracelets can be made in a variety of ways and can be handy in emergency situations. They can be used to tie up gear, help make a shelter, fish for food, etc. In this workshop, learn how to weave a survival bracelet using paracord</p>
Inland Bays Fishing by Boat 	<p>Join a Fisheries biologist to learn the basics of saltwater fishing and experience some time fishing by boat on the inland bays.</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending.</i></p> <p><i>**This course takes place on the water. Participants must know how to swim.</i></p>
Inland Bays Kayak Tour 	<p>Learn basic paddling techniques and safety tips for kayaking and exploring the inland bays. Participants should wear clothes that can get wet (synthetic is recommended as cotton doesn't dry very quickly), shoes that can get wet and will stay on their feet (Teva-type sandals, water shoes, old sneakers, Crocs with heel straps, etc. No flip-flops.), hat, sunglasses (sunglass retainer suggested), and sunscreen. Dressing in layers is encouraged. Participants should also bring drinking water.</p>
Intro to Archery 	<p>Learn about basic traditional bows and arrows as well as the equipment that goes along with them. Form, method of release, and accuracy will be the focus while you practice target shooting.</p>
Intro to Birding 	<p>Learn to identify birds through behavior, field marks, and habitat while exploring the grounds within Camp Barnes. Binoculars will be provided but participants are encouraged to bring their own.</p>

Courses	Descriptions
<p>Mentored Deer Hunt Parts 1 & 2: Intro to Hunting & Crossbow Shooting</p> 	<p>Part 1: Learn how to safely operate and shoot a crossbow and participate in a brief course in hunting to prepare for an afternoon managed deer hunt.</p> <p>Part 2: Participate in a mentored, managed deer hunt at Assawoman Wildlife Area. Participants will be partnered with a mentor who will guide them during a managed hunt for white-tailed deer.</p> <p>NOTES:</p> <ul style="list-style-type: none"> • Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. • The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Oct. 1, 2022) and purchase of a hunting license prior to the event. Contact the Hunter Education office with any questions: 302-735-3600. • Dress for the weather; boots and camouflage clothing should be worn. • If you are successful in harvesting a deer and wish to keep it, the BOW program will provide transportation to a local butcher. If you wish to take your deer to a butcher of your choosing you will be responsible for transporting your deer. If you harvest a deer and do not wish to keep it, BOW will donate it to the Sportsmen Against Hunger program.
<p>Miller Creek Saltwater Fishing</p> 	<p>Learn the basics of how to cast, what equipment you'd need to fish on your own, fundamentals of fishing and techniques.</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>
<p>Nature Hike</p> 	<p>Take a hike with a biologist and see what plants, animals and insects you may discover along the way! Participants will learn about trail etiquette as well as how to prepare for a hike, including what supplies to bring for safety and comfort on the trails.</p>
<p>Oyster Shucking & Cooking</p> 	<p>Oysters are fascinating bivalves and are an important natural and economic resource in the Delaware Bay and Inland Bays. Join biologist Nivette Perez-Perez from the Center for the Inland Bays to learn about oyster research and restoration efforts while also learning how to shuck them and prepare some delicious meals!</p>
<p>Wetland Wonders Workshop</p> 	<p>This workshop will be led by DNREC's Wetland Monitoring and Assessment Program and will begin with a general introduction to wetlands in Delaware and tools available to identify wetlands on a property. The program will include instruction on wetland benefits, plant identification and mock monitoring with field equipment. Enjoy an onsite visit to a green infrastructure project and see shoreline protection in action! Get your feet wet with a seine net and discover how the bay functions as a nursery. A plant impression craft will conclude the workshop.</p> <p>Some waders will be provided but participants are encouraged to bring their own waders or knee boots. Part of this course will take place at Assawoman Wildlife Area (adjacent to Camp Barnes) and will require transportation. BOW will provide transportation or you may drive yourself.</p>
<p>What's that Bug?! An Entomology Excursion</p> 	<p>Insects—they're all around us, but how much do you know about them? Join a certified entomologist on a nature hike and insect-collecting expedition. Topics will include the many ecological roles that insects play, insect anatomy and identification, collection techniques, and conservation threats. You'll learn all about the insects (good and bad) who call Delaware home and how to promote pollinators and other beneficial insects in your own yard.</p>
<p>Wildlife Trapping Introduction</p> 	<p>Did you know Delaware has a rich history of wildlife trapping for food, economic and cultural purposes? In this introductory workshop, learn about the importance of wildlife trapping in the First State, species that can be trapped and current methods used to continue this tradition today. Live animals will not be trapped during this workshop, but participants will get hands-on experience with different types of traps.</p>